

**NEW MEMBERS WELCOME!**  
\$10 per year



**Every Wednesday**  
Doors open 11:30am Lunch 12pm  
**\$15 per person**  
Meal Announcement Every Sunday  
on our Website & FB Page

**CHECK IT OUT!**  
Calendar  
Activity Info  
Easy Sign-up!  
Plus MORE!

Join Us  
Demo Tues. Oct 8th  
2pm



**Our NEW!  
Website has  
Launched!!**

www.llbheritageseniors.com

Regular Activities

- Monday**  
Men's Coffee & Pool  
8am-10am  
Ladies Coffee Group 2pm
- Tuesday**  
Bingo Oct 1 & 15 @ 1pm  
1st & 3rd Tues of each month
- Wednesday**  
Eat to Live  
Doors Open 11:30am Lunch 12pm
- Thursday**  
Men's Coffee & Pool  
8am-10am  
Crafts & Quilters Starts  
10am-5pm
- Friday**  
Floor Curling 1pm
- Watch for new  
activity & workshop  
announcements!**

Meetings & Notices

When you drop by the Centre, if the lights are on we are open. For safety while working alone, the door will be locked. Please ring the bell.    
Wave at the newly set up camera!

**Wed, Oct 2nd** Eat to Live is back every Wednesday. Doors open 11:30. Lunch 12pm. \$15 per person.

**Tues, Oct 8th** General Member Meeting 1pm. Stay for our website demo. Next meeting date: November 12th

**Wed, Oct 9, 16, 23 & 30** Wii Games from 2-3:30pm. We are hoping to make this a weekly activity! Join the FUN. Bowling & other games. You can play or watch.

**Sun, Oct 20th** Card Making Class \$20/session. Make 5 cards. Please call Annemarie at 780-623-3640 to register. (max 10 per class) Will be 1 Sunday a month. Starts 1pm.

**Mon, Oct 21st** Planning Meeting for 50th Anniversary 10am Celebration - Anyone interested is welcome!

**Tues, Oct 22nd** Wellness Tuesday 1pm-2:30pm Chair Yoga with instructor Jenny Pietzsch. Please arrive 10min early. Instruction from 1-2pm & snack to follow.

**Memberships** for 2025 & 2026 available starting Oct 2nd.

Bus Trips

**Thurs, Nov 7th Kingsway Garden Mall Trip**  
**ALMOST FULL!** Deadline to sign-up is Nov 1st.  
**Bus Fees** - Members no fee. Non-members \$25 each trip.

Office Hours & Contact Information

**October Hours**  
Monday to Thursday 10am to 2pm  
Closed Holiday Mon, October 14th

 780-623-8350     heritage2016@hotmail.com

**HAPPY  
BIRTHDAY**  
TO OUR MEMBERS

- Anne Lemay  
Aurel Langevin  
Conny Evans  
Darrell Shymoniak  
Dianne Ludwig  
Emilia Baldwin  
Keith Thompson  
Kim Charest  
Lena Giacobbo  
Les Diachinsky  
Margo Charon  
Marianne Langevin  
Mary Leskiw  
Paul Tardif  
Raymonde Tesolin  
Val Pawlik
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